



# Pool Schedule Fall 2018

August 12 - December 15  
(schedule subject to change)

MONDAY	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Hydro Pump 7:00 - 8:00 a.m. Adult Only 8:00 - 11:00 a.m. Open Swim 11:00 a.m. - 8:30 p.m.	H2o Aerobics 8:00 - 9:00 a.m. <b>Low Impact</b> 9:00 - 10:00 a.m. 2 Lanes Available 10:00 a.m. - 2:00 p.m. Open Swim 2:00 - 4:00 p.m. 2 Lanes 4:00 - 6:00 p.m. H2o Aerobics 6:00 - 7:00 p.m. 1 Lane Available 7:00 - 8:30 p.m.	Open Swim 11:00 a.m. - 8:30 p.m.	Open 3:00 - 8:00 p.m. CLOSED 8:00 - 8:30 p.m.	Deep End Only 6:00 - 7:00 p.m.	Adult Swim Lessons 7:15 - 8:00 p.m.
TUESDAY	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only 5:30 - 7:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	CLOSED 5:30 - 11:00 a.m.	CLOSED 5:30 a.m. - 3:00 p.m.	CLOSED 5:30 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 10:40 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 3:50 p.m.	Open 3:00 - 3:50 p.m.		Masters Swim 12:00 - 1:00 p.m.
	Adult Only 8:00 - 10:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 p.m.		Swim Lessons 4:00 - 6:30 p.m.
	Hydro Pump 10:00 - 10:30 a.m.	Deep Water 9:30 - 10:00 a.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	Open Swim 11:00 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 12:00 p.m.		CLOSED 8:00 - 8:30 p.m.		
	Closed 3:50 - 6:00 p.m.	Master Swim Only 12:00 - 1:00 p.m.				
	Hydro Pump 6:00 - 6:30 p.m.	2 Lanes Available 1:00 - 2:00 p.m.				
	Open Swim 6:30 - 8:30 p.m.	Open Swim 2:00 - 3:50 p.m.				
		CLOSED 3:50 - 6:30 p.m.				
		Deep Water 6:30 - 7:00 p.m.				
		2 Lanes Available 7:00 - 8:30 p.m.				
WEDNESDAY	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only 5:30 - 7:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	CLOSED 5:30 - 11:00 a.m.	CLOSED 5:30 a.m. - 3:00 p.m.	CLOSED 5:30 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 10:40 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 8:30 p.m.	Open 3:00 - 8:00 p.m.	Deep End Only 6:00 - 7:00 p.m.	Teen Swim Lessons 7:00 - 8:00 p.m. Sept 12 - Oct 31
	Adult Only 8:00 - 11:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.		CLOSED 8:00 - 8:30 p.m.		
	Open Swim 11:00 a.m. - 8:30 p.m.	2 Lanes Available 10:00 a.m. - 2:00 p.m.				
		Open Swim 2:00 - 4:00 p.m. 2 Lanes Available 4:00 - 6:00 p.m. H2o Aerobics 6:00 - 7:00 p.m. 2 Lanes Available 7:00 - 8:30 p.m.				
THURSDAY	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only 5:30 - 7:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	CLOSED 5:30 - 11:00 a.m.	CLOSED 5:30 a.m. - 3:00 p.m.	CLOSED 5:30 a.m. - 8:30 p.m.	Swim Lessons 9:00 - 10:40 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 3:50 p.m.	Open 3:00 - 3:50 pm		Masters Swim 12:00 - 1:00 p.m.
	Adult Only 8:00 - 10:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.	CLOSED 3:50 - 6:30 p.m.	CLOSED 3:50 - 6:30 pm		Swim Lessons 4:00 - 6:30 p.m.
	Hydro Pump 10:00 - 10:30 a.m.	Deep Water 9:30 - 10:00 a.m.	Open Swim 6:30 - 8:30 p.m.	Open 6:30 - 8:00 p.m.		
	Open Swim 11:00 a.m. - 3:50 p.m.	2 Lanes Available 10:00 a.m. - 12:00 p.m.		CLOSED 8:00 - 8:30 p.m.		
	CLOSED 3:50 - 6:30 p.m.	Master Swim Only 12:00 - 1:00 p.m.				
	Hydro Pump 6:00 - 6:30 p.m.	2 Lanes Available 1:00 - 2:00 p.m.				
	Open Swim 6:30 - 8:30 p.m.	Open Swim 2:00 - 3:50 p.m.				
		CLOSED 3:50 - 6:30 p.m.				
		Deep Water 6:30 - 7:00 p.m.				
		2 Lanes Available 7:00 - 8:30 p.m.				
FRIDAY	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only 5:30 - 7:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	CLOSED 5:30 - 9:00 a.m.	CLOSED 5:30 a.m. - 3:00 p.m.	CLOSED 5:30 a.m. - 3:30 p.m.	
	Hydro Pump 7:00 - 8:00 a.m.	H2o Aerobics 8:00 - 9:00 a.m.	Open Swim/No features 9:00 - 10:00 a.m.	Open 3:00 - 6:00 p.m.	Open 3:30 - 4:00 p.m.	
	Adult Only 8:00 - 10:00 a.m.	<b>Low Impact</b> 9:00 - 10:00 a.m.	Open swim 10:00 a.m. - 6:30 p.m.	CLOSED 6:00 - 6:30 p.m.	CLOSED 4:00 - 6:30 p.m.	
	Open Swim 10:00 a.m. - 6:30 p.m.	2 Lanes Available 10:00 a.m. - 1:00 p.m.				
		Open Swim 1:00 - 4:00 p.m. 2 Lanes Available 4:00 - 6:30 p.m.				
SAT.	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only 7:00 - 8:00 a.m.	Master Swim Only 7:05 - 8:05 a.m.	CLOSED 7:00 a.m. - 12:00 p.m.	CLOSED 7:00 a.m. - 12:00 p.m.	CLOSED 7:00 a.m. - 1:00 p.m.	Masters Swim 7:05 - 8:05 a.m.
	Hydro Pump 8:00 - 9:00 a.m.	3 Lanes Available 8:05 - 9:00 a.m.	Open Swim 12:00 - 6:30 p.m.	Open 12:00 - 6:00 p.m.	Open 1:00 - 4:00 p.m.	Swim Lessons 9:00 - 11:30 a.m.
	Closed 9:00 a.m. - 12:00 p.m.	Closed 9:00 - 11:30 a.m.		CLOSED 6:00 - 6:30 p.m.	CLOSED 3:00 - 6:30 p.m.	
SUN.	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only 8:00 - 10:00 a.m.	2 Lanes Available 8:00 a.m. - 12:00 p.m.	CLOSED 8:00 - 10:00 a.m.	CLOSED 8:00 - 10:00 a.m.	CLOSED 8:00 a.m. - 12:00 p.m.	
	Open Swim 10:00 a.m. - 5:30 p.m.	Open Swim 12:00 - 5:30 p.m.	Open 10:00 a.m. - 5:30 p.m.	Open 10:00 a.m. - 5:00 p.m.	Open 12:00 - 3:00 p.m.	

# Swim Lesson Selection Guide

Which lesson would be appropriate for my child?



**6 Months – 3 Years**

Parent & Child 1 - 2

\*Parent Child 1 is recommended for children 6 - 24 months  
\*\*Parent Child 2 is recommended for children 18 months - 3 years



**3 - 5 Years**

Preschool Level 1 - 3



**6 - 12 years**

Levels 1 - 5 & Stroke Clinic

## Which Level Should I Enroll My Child?

### Child Age 6 Months – 3 Years

Is your child comfortable being in and around water?

Not Yet **Parent Child - Level 1**

Is your child comfortable entering and exiting the water?

Not Yet **Parent Child - Level 2**

### Child Age 3 - 5 years

Can the student put their face in the water and blow bubbles?

Not Yet **Preschool - Level 1**

Can the student float on their back for 15 seconds and recover to their front?

Not Yet **Preschool - Level 2**

Can the student swim independently to the instructor and turn over onto their back?

Not Yet **Preschool - Level 3**

Can your student swim 15 yards rolling from front to back without assistance?

Not Yet **Preschool - Level 3+**

### Child Age 6 - 12 years

Can the student enter and exit the water and swim 5 yards independently with their face in the water?

Not Yet **Level 1**

Can the student swim using combined arm and leg motion and recover to a back float independently?

Not Yet **Level 2**

Can the student swim 15 yards on their front and back with side breathing?

Not Yet **Level 3**

Can the student swim 25 yards front and back crawl and 15 yards breaststroke?

Not Yet **Level 4**

Can the student use a dive entry and swim 25 yards front crawl, back crawl, breaststroke, and butterfly?

Not Yet **Level 5**

Can the student swim all four competitive strokes effectively?

Not Yet **Stroke Clinic**

### REGISTRATION DATES :

#### WEEKDAY SESSIONS

Session Dates:	Registration Opens at 7:00 a.m. on:		Registration will close at 12:00p.m. on:
	Resident	Non-Resident	
September	August 13	August 13	September 7
October	September 28	October 1	October 5
November	October 26	October 29	November 2

#### WEEKEND SESSIONS

Session Dates:	Registration Opens at 7:00 a.m. on:		Registration will close at 12:00p.m. on:
	Resident	Non-Resident	
September	August 13	August 20	September 7
November	October 17	October 20	October 24

### PRIVATE LESSON REGISTRATION:

Month	Activity #	Registration Opens	
		Resident	Non-Resident
September	6347.101	August 17	August 19
October	6347.201	September 24	September 26
November	6347.301	October 25	October 27
December	6347.401	November 19	November 21

**For all swim lesson related questions please call 303-926-2562.**